

List of Pictured Cereals and Juices

CEREALS	Combinations of cold, hot and/or infant cereals not to exceed amount stated on check. Boxes or bags are allowed.
Farina Mills:	Farina
General Mills:	Cheerios (plain), Cheerios Multi-Grain, Corn Chex, Multi-Bran Chex, Rice Chex (plain), Wheat Chex, Kix (plain), Total Whole Grain (plain), Wheaties (plain)
Kellogg's:	Complete Oat Bran, Complete Wheat Bran, Corn Flakes (plain), Crispix (plain), Special K (plain), Mini-Wheats Frosted Big Bite, Mini-Wheats Frosted Bite Size, Mini-Wheats Raisin, Mini-Wheats Strawberry
Little Crow:	Coco Wheats
Malt-O-Meal:	Frosted Mini-Spooners; Hot Cereal: Malt-O-Meal Original (plain) or Chocolate
Nabisco:	Cream of Wheat (plain) 1 minute, 2½ minute, 10 minute, Instant Original Packets (plain)
Post:	Banana Nut Crunch, Bran Flakes (plain), Grape Nuts (plain), Grape Nuts Flakes, Honey Bunches of Oats with Almonds or Honey Roasted
Quaker:	Life (plain), Quaker Squares (plain); Hot Cereal: Instant Grits (Original and all flavors in packets), Quaker Instant Oatmeal Regular Flavor (plain in packets only)
Store Brands:	Corn Flakes (plain), Crisp(y) Rice (plain), Frosted Shredded Wheat Bite Size, Tasteos or Toasted Oats (plain), Instant Oatmeal Regular Flavor (packets only)
NOT ALLOWED:	Single serving packets (unless stated), canisters, low carb/carbohydrate, organic.

JUICE	100% juice, unsweetened, pulp and pulp free; added vitamins and minerals such as calcium.
46 oz Can or Plastic Bottle	
All Flavors:	Juicy Juice, Northland
Apple:	Indian Summer, Musselman's, Speas Farm, Tree Top (approved store brand apple juices are listed after the juice pictures)
Grape:	Welch's (purple grape and white grape)
Tomato:	Campbells (Any variety except Organic), Del Monte, Red Gold (plain)
Vegetable:	Campbells V8 (Any variety except Splash and Spicy Hot), Red Gold
Frozen Concentrate – 11. 5 oz – 12 oz	
All Flavors:	Dole (100% juice only), Minute Maid (100% juice only), Old Orchard (100% juice only), Welch's (all with yellow tear strip)
Apple:	Langer's, Seneca, Tree Top (approved store brand apple juices are listed after the juice pictures)
NOT ALLOWED:	Drinks, cocktails, beverages, sweetened, organic, reduced/ low-acid, glass bottles, boxes, unfrozen concentrate, infant juices, refrigerated cartons unless stated on the check.

List of Other Approved Foods

DRIED BEANS, PEAS, LENTILS	– All types, mixed, bulk. 16 oz (1 lb.) or less bags. NOT ALLOWED: Fresh or frozen, added ham bits, seasoned, organic, canned unless stated on check.
PEANUT BUTTER	– 18 oz or less. Glass and plastic containers. All brands of creamy, crunchy, extra-crunchy, natural or old-fashioned, low sodium/salt, reduced/no sugar. NOT ALLOWED: Peanut butter with jam, jelly, honey, marsh-mallow, chocolate, fruit, or added vitamins; whipped; peanut spread; peanut butter in tubes or sticks; honey roasted; reduced fat; peanut butter from health food, diet, or refrigerated sections; organic.
CHEESE	– Various sizes. Reduced fat is allowed. Quantity is stated on the check.
Blocks:	American Colby Muenster Brick Monterey Jack Provolone Cheddar Mozzarella Swiss (& baby swiss) Mixtures of cheese listed (such as cojack)
Other:	American (sliced but not individually wrapped) Cheese curds String cheese (not individually wrapped)
NOT ALLOWED:	Reduced sodium, reduced cholesterol, grated, shredded, sliced (except American), diced, whips, waves, cubes, sticks, cheese foods, spreads, products, specialty, smoked, herbed, flavored, cheese from deli, imported, organic, kosher unless stated on check.

EGGS	– White, brown, any grade, any size. 1-dozen carton. Pasteurized in shell allowed.
NOT ALLOWED:	Low cholesterol, reduced fat, enhanced, vegetarian, organic, natural, from cage free or free range chickens, increased vitamin E (for example, Eggland's Best) or any other modified or specialty eggs; dried egg mix.

The following food items are allowed ONLY when listed on the check.

JUICE WITH ADDED CALCIUM	– 100% juice, unsweetened, pulp and pulp-free; added vitamins and minerals.
64 oz Refrigerated Carton	
Orange:	All Brands
Grapefruit:	All Brands
Blends:	All Brands
NOT ALLOWED:	Juice without added calcium, beverages, cocktails, drinks, organic.
JUICE	– 100% juice, unsweetened.
5.5 - 6 oz Can (in six-packs)	
Orange:	All Brands
Grapefruit (white, pink or red):	All Brands
Pineapple:	Dole
Blends:	Dole
NOT ALLOWED:	Beverages, cocktails, drinks.

MILK	– Plastic, cartons, bottles, gallon bags, 1/2 gallons or gallons clipped together by manufacturer, rBGH & rBGH-free. White milk: Gallon only, unless stated on check.
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When stated on check:	Lactose-Reduced/Lactose-Free (including calcium fortified): Quart or half gallon Non-Fat Dry: 8-10 quart box Evaporated: 12 oz can
NOT ALLOWED:	Flavored, goat's milk, organic, acidophilus, buttermilk, soy, rice, low cholesterol, protein fortified, UHT, milk with added ingredients (for example, Skim Delux), deposits for bottles; quarts or half gallons unless stated on check, kosher unless stated on check.

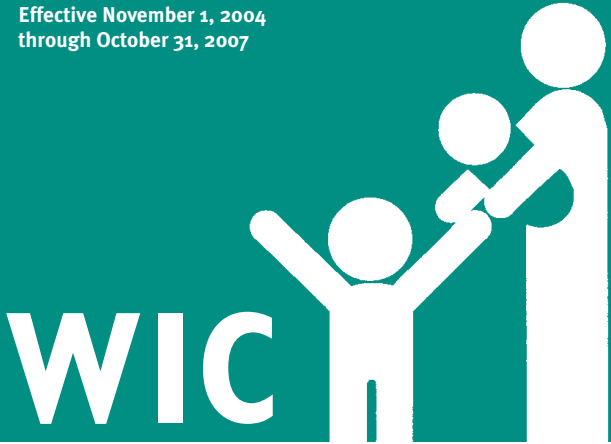
FORMULAS	– Includes formulas for infants and some children; liquid nutrition products for some women. Only the brands, types, and amounts stated on the check.
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INFANT CEREALS	– 8 or 16 oz boxes only. All brands, any grain, mixed grains.
NOT ALLOWED:	Added fruit, yogurt or formula; single serving packets; jars; organic; toddler cereals.



Wisconsin Women,
Infants & Children
Nutrition Program

Effective November 1, 2004
through October 31, 2007



Approved Foods



Department of Health & Family Services
Division of Public Health
PPH 4578 (Rev. 12/05)
Federal Regulations 246

Product Photographs
taken May, 2004.
Foods are approved
even if the package
design changes.

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